

The Water Filter Guide You've Been Looking For



Dr. Janet Leslie Orion, former holistic chiropractor/kinesiologist

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9 Vital Components of a DIY Healthy Wealthy and Wise Lifestyle – Component #4 – Water



Clean water isn't optional—it's foundational.

After 50+ years in natural health practice and three decades of researching water filtration systems, I've learned this: **most people have no idea what's really in their tap water, what water filtration systems are available, and even fewer know how to fix their unique water challenges..**

I'm Dr. Janet Orion, former holistic chiropractor, and kinesiologist. Today, I help health-conscious people optimize the 9 vital components of self-care that determine how healthy you actually are, how you feel, how you look, and how much energy you have.

Water is one of those key components—and one of the 3 most important components to upgrade first..

This guide cuts through the confusion, marketing hype, and overwhelming options to show you exactly what works. I use these filters myself, I've recommended and tested them clinically with patients/clients for decades, and I recommend them to friends and family without hesitation.

Why Most Water Filters Fail (And What Actually Works)

Here's what most people don't understand: **chlorine removal and superficial filtration alone isn't enough.**

Your municipal water contains a cocktail of contaminants—heavy metals like lead and mercury, pharmaceutical drugs, agricultural chemicals, pesticides, bacteria, and trihalomethanes (cancer-causing compounds formed when chlorine reacts with organic matter). Standard carbon-only filters miss most of these, and some carbon-only filters don't even get these out.

The solution? A 5-stage filtration system combining three proven technologies:

1. KDF Process Media (Kinetic Degradation Fluxion)

High-purity copper-zinc granules that use electrochemical reactions to neutralize contaminants at the molecular level. KDF removes:

- 99%+ of chlorine
- 98% of heavy metals (lead, mercury, arsenic, cadmium, chromium)
- 90%+ of iron
- Hydrogen sulfide (that rotten egg smell)
- Bacteria, algae, and fungi

2. Granular Activated Carbon (GAC)

Not just any carbon—we use coconut shell carbon with a surface area equivalent to fifty sports fields. Because KDF removes chlorine first, the carbon is freed up to target what it does best:

- Pesticides and herbicides
- Pharmaceutical drugs
- Industrial chemicals
- Trihalomethanes (THMs)
- Organic contaminants

3. Microfiltration Membranes

Fine enough to remove cysts, bacteria, and viruses while leaving beneficial minerals intact.

What Makes These Filters Different

They leave the good stuff in.

You get clean H₂O (water) that actually tastes good and supports your health. You don't need to get any minerals from your water. You get minerals from high quality land salts and your food, in bioavailable balanced form.

They're built to last.

The combination of KDF and GAC extends filter life 5-10 times longer than carbon-only systems. I've personally used one undersink unit for five trouble-free years with water quality as pristine as day one. How can you know? You can test your water for chlorine easily, and if chlorine is showing up, the filter needs to be replaced. Simple. I use biofeedback, energetic resonance testing to know. You can learn how, but that's a subject for another day. (my signature Kinesiology Simplified Home Study Course)

They cost less than a penny per gallon.

No ongoing maintenance. No electricity. No water waste (unlike RO systems that dump 3-4 gallons for every gallon filtered).

They work without toxic silver.

KDF media controls bacterial growth naturally, without silver compounds that can leach into your water.

They're recyclable.

When eventually exhausted, KDF media can be sent to copper smelters for complete recovery and reuse. You don't want filters with "replaceable cartridges". With my filters, the entire unit, including the recyclable casing are working parts.

Your Options: Choose What Fits Your Life

COUNTERTOP FILTERS – two sizes available

- **Small Portable Countertop Filter**
- **Requires a standard faucet with aerator end that unscrews to accommodate the adapter for the filter.**
- **Recycle unit and replace after 18 months.**

\$100 + \$25 shipping



Perfect for: Tight spaces, bathrooms, dorms, travel, gifts, budget-conscious buyers

- 10"H x 2.75" diameter—ultra-compact
- 3,000-gallon capacity
- Installs in minutes without tools (if you can change a lightbulb, you can install this)
- Fits standard faucets with aerator that unscrews on the end **ONLY**
- 18-month prorated warranty* – that's \$5.55/month for unlimited **CLEAN** water on demand at your sink. (I've never had anyone need a warranty replacement on any of these filters – they outlast the warranty.)

Large Countertop Filter with Swivel Spout
\$200 + \$25 shipping



Perfect for: Kitchen counters, offices, anyone who wants maximum capacity in a countertop design

- 10"H x 5" diameter
 - 12,000-gallon capacity – 36+ months (yes, you read that right 4 x the capacity of the small countertop filter)
 - 36 month prorated warranty* that's \$5.55/month for unlimited **CLEAN** water on demand at your sink.
 - Chromed swivel spout for convenience
 - Same easy installation Installs in minutes without tools (if you can change a lightbulb, you can install this)
 - Fits standard faucets with removable aerators **ONLY**
-

UNDERSINK INLINE FILTERS

I recommend these for most people. Install them inline with your cold water line so ALL your cold water is filtered—not just drinking water. Wash vegetables, fill pots, water your plants and pets, make coffee, wash your hands—all with clean water. No breathing chlorine vapors. No skin contact with chemicals. No slow, annoying separate spigot to remember and often forget. I've witnessed people forgetting!

Smaller Undersink Unit

\$200 + \$35 shipping

Best for: Limited under-sink space



Larger Undersink Unit (Recommended if you have room)

\$225 + \$35 shipping

Best for: Anyone with adequate space who wants maximum longevity of the filter lifespan.

Both undersink units:

- 36-month prorated warranty (though they typically last much longer)
- Professional installation (or doing it right yourself) recommended to prevent potential flooding
- Same exceptional filtration as countertop units
- Cost-effective, convenient long-term solution

What About Fluoride? (And Other Common Questions)

Fluoride is notoriously difficult to remove—even with reverse osmosis.

These 5-stage filters remove a high percentage of fluoride through the massive surface area of coconut shell carbon, the slow filtration speed, and the combined action of KDF and microfiltration membranes working together.

I've comparison-tested these filters kinesiologically and clinically against reverse osmosis water, spring water, and dozens of popular filtration systems over three decades. They consistently outperform all of these.

What about high-pH "alkaline" water?

I don't recommend it. Highly alkaline water neutralizes stomach acid, interfering with digestion. Your body has built-in pH regulation—arterial blood naturally maintains 7.36-7.42 pH. What you need is nutrient-rich whole foods, low stress, and clean water. Not artificially manipulated pH.

What about distilled water?

Only for short-term therapeutic purposes. Long-term use creates mineral deficiencies and other problems. Nature doesn't boil water to purify it, neither do I.

What about reverse osmosis?

RO wastes enormous amounts of water, requires maintenance, can malfunction, and strips beneficial minerals. Not my first choice, but sometimes RO is the best choice (rarely).

Beyond Home Filtration: Other Solutions I Recommend

For well or spring water: Reverse osmosis or Big Berkey type manual gravity-fed systems with all the filters.

For travel: Berkey Traveler/ToGo, Frontier Pro 2-ounce military-grade portable filter—turns questionable tap water into clean water anywhere

For emergencies: Lifesaver Bottle or Lifesaver Jerry Cans—manual pump filters that work without electricity (search YouTube for demos)

For off-grid or emergency preparedness: ProPur all-in-one filters, atmospheric water generators, Big Berkey with all three filter types

Why Trust Me?

I've been researching, testing, using, and recommending water filtration systems since 1995. I've personally experimented with virtually every popular technology since 1973.

I use muscle response testing (kinesiology/dowsing), combined with 5 decades of scientific water research and decades of clinical observation, to make optimal choices. I've compared

water quality across hundreds of systems with thousands of clients, as they bring these to me for evaluation.

My patients, clients, friends, and family have stayed healthy, hydrated, and happy with these filters for decades. They come back for additional units. They buy them as gifts. They trust them.

I've done the research and trial-and-error so you don't have to.

The Bottom Line

You deserve clean water. Your family deserves clean water. It shouldn't be complicated or expensive.

These filters deliver exceptional quality at an affordable price, last for years, require virtually no maintenance, and give you peace of mind every time you turn on the tap.

Questions?

Specific concerns?

Ready to order?

I'm here to provide expert guidance, quick customer service, and help you get the best water solution for your unique situation.

The many options, types, and opinions about water filtration can be overwhelming, misleading, and confusing. Just because something sounds good doesn't mean it is.

You can count on me for honest answers.

Dr. Janet Orion

Former Holistic Chiropractor with 50+ years experience as a natural health student and expert

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Water filters make excellent gifts that keep on giving. Feel free to share this guide with friends and loved ones who deserve clean water too.

** How can you know if the water filter is still performing optimally? You can buy testing strips and chemicals at a swimming pool store to test for chlorine. There won't be any. Once you detect chlorine – historically months beyond the warranty, except with the small countertop,*

which really does need to be replaced after 18 months (you can test to see if it's necessary). If the filter is used up, chlorine will easily be detected in the water. If not, it's still removing all the contaminants it is designed to remove, and you can use it longer. You can test for as many of the 20,000 possible contaminants in municipally treated water, but you really don't need to. I suggest replacing the large countertop and the undersink units within 48 months of installation. In the unlikely event it doesn't last as long as the warranty, you pay me \$5.55 for each month it performed and I will send you a replacement filter. I have never had to do that in over 25 years of using this manufacturer and providing these same filters to myself, my patients, clients, friends and family.

P.S. These filters are designed for municipally treated city water. If you have well or spring water, contact me for specific recommendations tailored to your water source.

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